

# DINNERLY



## 20-Minute Japanese Chicken Noodles with Pak Choy and Spring Onion



20 minutes



2 Servings

These super-speedy, kid-friendly, stir-fried noodles take the stress out of dinnertime. With smoky charred chicken, tender veg and oodles of noodles, there'll be happy smiles all round.



## WHAT WE SEND

- 1 carrot
- 1 bunch pak choy
- 1 spring onion
- free-range chicken tenderloins
- 150g egg noodles <sup>1,3</sup>
- 40ml mirin

## WHAT YOU NEED

- 2 garlic cloves
- 2 tbs soy sauce <sup>6</sup>
- 1½ tsp honey
- 1 tbs vegetable oil
- 2 tbs mayonnaise <sup>3</sup>

## TOOLS

- medium saucepan
- medium deep frypan

Our veggies come straight from the farm, so please wash them before cooking.

## ALLERGENS

Gluten (1), Egg (3), Soy (6). May contain traces of other allergens.

## NUTRITION PER SERVING

Energy 745kcal, Fat 25.9g, Carbs 78.6g, Proteins 45.1g



### 1. Prep ingredients

Bring a medium saucepan of water to the boil for the noodles. Peel the **carrot**, then halve lengthwise and thinly slice on an angle. Coarsely chop the **pak choy**, keeping the leaves and stems separate. Thinly slice the **spring onion** on an angle. Crush or finely chop **2 garlic cloves**. Thinly slice the **chicken**.



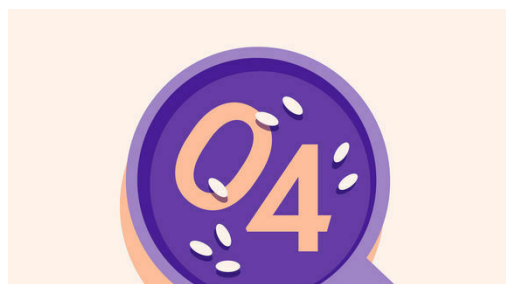
### 2. Cook noodles

Cook the **noodles** in the pan of boiling water for 2 mins or until tender. Drain, then rinse under hot water to prevent the noodles from sticking (see Kitchen 101). Meanwhile, combine the **mirin, garlic, 2 tbs soy sauce** and **1½ tsp honey** in a bowl.



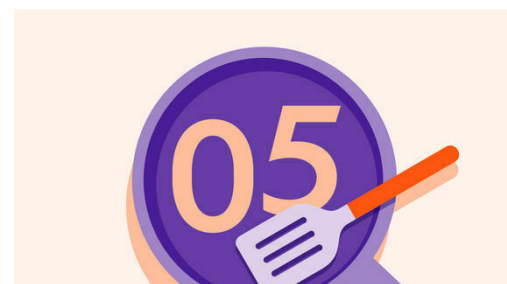
### 3. Stir-fry chicken

Put a **drizzle of mirin mixture** in a large bowl. Add the **chicken**, season with **salt and pepper** and toss to coat. Heat a **drizzle of vegetable oil** in a medium deep frypan over high heat. Stir-fry the chicken for 2-3 mins until charred and cooked through. Remove from the pan.



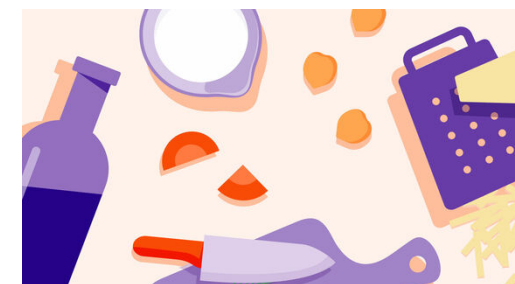
### 4. Stir-fry veggies

Heat a **drizzle of vegetable oil** in the same pan over medium heat. Stir-fry the **carrot** and **pak choy stems** for 3-4 mins until softened. Add the **chicken, pak choy leaves, half the spring onion** and **remaining mirin mixture** and bring to a simmer. Add the **noodles** and stir until combined. Remove the pan from the heat.



### 5. Serve up

Combine a **generous dollop of mayonnaise** and a **drizzle of water** in a bowl. Divide the **chicken noodles** among bowls, scatter over the **remaining spring onion** and drizzle with the **mayonnaise mixture**. Enjoy!



### 6. Kitchen 101

Rinsing the noodles helps to prevent them sticking together by removing some of the starch. If desired, after rinsing, toss the noodles in a very small amount of oil to prevent them clumping.